

October 25, 2007

Cape Ann Waldorf School, 668 Hale Street, Beverly Farms, MA 01915 978-927-8811 www.capeannwaldorf.org

TO THE TOP

(At the beginning of October the Seventh and Eighth Grades took a three day field trip to the White Mountains in New Hampshire. Here are some reflections and experiences of three students from the Eighth Grade, simply titled A.M.C. - Appalachian Mountain Club. There are photographs of the trip on the alumni student news bulletin board in the hallway upstairs in the school.)

A.M.C. I, II and III

I. As the van pulled up to the A.M.C. I saw around me great mountains, all of them different shapes and sizes. As far as you looked, all you could see were these beautiful rolling mountains welcoming you into the valley.

When I learned that we were going to climb Mt. Pierce and it was 2.7 to Mizpah (*the A.M.C. hut where the students spent the nights*), I thought that it would not be too bad ... Wrong! When I started up the trail, strapped to my 40 pound back pack, I started to feel the pain.

As I climbed I kept my head down so I would not trip. I remember looking up and in front of me were rocks that went straight up. However, it was a very beautiful surrounding. The birds chirped and I could hear running water. That sound was very comforting as I climbed. It was as if I was not in the real world. I just wanted to lie down in the soft moss. It was like a feather bed – soft, relaxing and quiet.

*Seek in your own being
And you will find the world:
Seek in world wide being
And you will find yourself;
Note the constant swing
Between self and world
And you will find revealed:
The human-cosmic-being;
The cosmic-human-being.*

Rudolf Steiner

Despite the comforting surrounding, my body was in agony. As I climbed my legs were burning. When we stopped to rest, I was very grateful, but when we started up again, my legs would burn once more. My two-hour hike was very tiring.

When I was only about ten minutes from the hut, I saw my friend. Even though I felt like my legs were going to fall off, I had a jolt of energy and I ran to the end. I could have started crying for joy! I, Emma, had made it to the top!

The feeling of struggling up the mountain ... Saying that I couldn't make it ... Pushing to the end ... Knowing that I did it ... I can not even put into words the feeling I felt of achievement.

II. The carpet of leaves rustled beneath our feet as we hiked through the peaceful forest. The springy moss covered the earth and trees, giving the forest a fresh, mythical feel. The path led up rock ledges, over mud and bogs, through red, orange and yellow leaves,

climbing upwards towards the top of the mountain. We followed the trail to the summit and stared around in awe. The trees on the summit were short and windblown, growing in among the flat rocks. Lifting our eyes from the squirrel-world forest, we gazed at the view with wonder. The mountains lay spread all around us, giving the feeling of utter insignificance. In the distance the red and gold autumn leaves and the deep pine green blended into beautiful blue silhouettes crowned with creamy white clouds. We felt as if we were on the top of the world, and yet we felt small and insignificant because of the great majestic peaks dwarfing us.

III. As the van pulled up to the Appalachian Mountain Club Center, I looked out the window of the van and saw mountains surrounding us. I could tell this would be one of the more scenic trips that I would go on with my class this year. It had been a while since my class had been on an overnight trip, and it would be good to be away from school with friends. We were to go with the seventh graders, which meant that we, being eighth graders, would have to set somewhat of an example for them. We were split up into groups and started heading up the mountain. 2.7 miles later we finally reached Mizpah Hut at the base of Mt. Pierce. It was a long tiring journey, but when we got to the hut it felt like the single most welcoming happy place on earth. We had a wonderful three-course dinner and dessert.

That night the A.M.C. crew told us a ghost story about Betsy who haunts the hut, and then they expected us not to hide under the tables and grab each other's feet. You can guess how that ended up.

The next morning we were up at 6:30 a.m. and had a wonderful breakfast prepared by the crew. That day my group was to climb for six miles, up one mountain and down, then up another and then all the way back to Mizpah.

Oddly enough, it was the single most longest and easiest hike I had ever been on. Ethan (seventh grade) and I switched our one back pack between us the entire trip up and down. It was the most fun part of our entire trip, for me anyway.

That night we had another great dinner and went about terrifying each other the same way we had done the night before. We went to bed around 9:30 and slept peacefully that night knowing the next day we were able to go home.

The next day we packed up our things, split into our groups and headed home. The walk back down the mountain was much easier than the walk up. We had a great lunch, loaded our vans and headed home from that wonderfully fulfilling, educationally informed, naturally interesting and fun trip.

(While on the subject of Seventh and Eighth Grade projects, as an extension of the work these two classes did at the Food Project, they are now raffling off a basket of goodies – on display at the school – to raise money to buy wheel barrows. The drawing is tomorrow, Friday, October 26 at the end of school. Last chance to buy tickets.

ANNOUNCEMENTS

THE SURPRISING POWER OF FAMILY MEALS

On Thursday, November 1st at 7:00 PM, Early Childhood Faculty will welcome Miriam Weinstein, author of “**The Surprising Power of Family Meals: How Eating Together Makes Us Smarter, Stronger, Healthier and Happier**”. Miriam will talk about her research and work regarding the power of family meals. All members of the community are warmly invited to attend her presentation. Come find out why Miriam tells us that having supper together increases academic success and a child's vocabulary. Family meals help

teenagers in many ways. They help prevent eating disorders and reduce the incidence of drug abuse, teen pregnancy and smoking. Miriam's book is available in the Enchanted Caravan.

SEVENTH GRADE RE-CYCLING AT CAWS

The 7th grade is collecting ink printer and laser cartridges and old cell phones to be re-cycled. Toner cartridges are NOT accepted. This is an on-going project with a modest redemption payment to benefit the class. It is an environmentally-friendly activity so these items don't end up in landfills. Cartridges and phones from home or work can be placed in a marked bin on the playground outside Rosemary's kitchen door.

Seventh graders also re-cycle CAWS' office and classroom paper, cardboard, metal cans and plastic bottles to be picked up by the City of Beverly every two weeks.

Our class, in conjunction with Rosemary's kitchen, has been eating from re-useable ceramic dishes, and using plastic glasses and metal silverware, something our Early Childhood program has been doing for years. Seventh graders wash and sanitize their own dishes (just like they do at home!?) and they are very careful not to break any.

Tom Braden

COURTESY ANNOUNCEMENTS

NEWS FROM HIGH MOWING

As a tradition, students in the senior class at High Mowing School (*a Waldorf High School in Wilton, NH*) welcomed their selected "Freshman Buddies" in a ceremony on September 27. Cape Ann alumnus, Nick Ferlazzo, is one of 23 freshmen enrolled this

year. An additional 14 freshmen come from other Waldorf schools – Pine Hill Waldorf School (New Hampshire), Meadowbrook Waldorf School (Rhode Island) and River Valley Waldorf School (New York).

On September 6, 7, and 8, the Freshmen took their first class trip to Fort Ticonderoga where they observed a re-enactment of the French-Indian War in preparation for their first history block class, *Revolutions*. Their class mentors accompanied the students. The trip gave students an opportunity to bond as a class in preparation for their journey through high school. The second block for the class was *Organic Chemistry*.

The Freshmen have a full schedule with English, Math, Foreign Languages, Music, Naturalist, Cultural Geography and Art. At the end of the day they have their afternoon activity. Nick is involved in Intramurals (including Ultimate Frisbee) and Rock Climbing. Other freshmen are taking part in an on-campus work team, soccer, mountain biking and yoga.

High Mowing has begun accepting applications for the 2008-2009 school year. Inquiring parents are encouraged to schedule individual campus visits and interviews for themselves and their son or daughter in October, November or early December to prepare for admissions application deadlines in February. Please phone Pat Meissner, Assistant Director of Admissions, 603-654-2391 Ext. 109 to set a date.

THE PAST AND FUTURE OF ANTHROPOSOPHICAL MEDICINE Presented by Dr. Quentin McMullen To be held Saturday, October 27, 2007, at 7:30 P.M. at The Chrysalis House, 845 Concord Turnpike, Arlington, MA 02476

Dr. McMullen will speak about the history and development of Anthroposophical medicine in

the US and worldwide, with information on the current possibilities and future perspectives in a time of turmoil in healthcare throughout the world. There will be adequate time for questions and answers as well.

Quentin McMullen, MD and his wife Molly McMullen-Laird, MD, trained in internal medicine in the US, and Anthroposophical medicine in Germany and Switzerland. They now live in Ann Arbor, Michigan, where they have managed the Rudolf Steiner Health Center since 2003.

The Rudolf Steiner Health Center provides 2-week health retreats based on Anthroposophical medical care, nursing, and artistic therapies, as well as providing high quality biodynamic and organic meals based on the kitchen of the St. Luke's Cancer Clinic in Arlesheim, Switzerland.

Under the direction of the non-profit organization Community Supported Anthroposophical Medicine (CSAM), the Health Center serves patients with all types of chronic illnesses, such as arthritis, cancer, diabetes, lyme disease, stroke recovery, chronic fatigue, and many others. Other activities of CSAM include education and outreach, research, an ambulatory practice, and support of the innovative economic initiative of the CSAM Patient Organization.

The Center's Web address is www.SteinerHealth.org.

Who's Learning What?

Grade 1	Numbers
Grade 2	Writing
Grade 3	Mathematics
Grade 4	Mathematics
Grade 5	North American Geography
Grade 6	Roman History
Grade 7	Renaissance History
Grade 8	Play Preparation

EYE ON THE SKY for the week of October 22, 2007

I recommend the book "The Stars" by H.A. Rey as a useful, charming, accessible sky resource. It has chapters on "Shapes in the Sky," "Meet the Constellations," with many interesting stories behind the names, "The Stars Through the Year," "Some Why's and How's" plus an Index and Glossary and Universal Sky Chart. It is designed for the beginner as well as those who want more information. The book is available in a paperback version for a reasonable price. There are other sky books available, many of them suggesting naked-eye observations or simple binoculars. The autumn and winter sky at our latitude is truly magnificent, there for your pleasure and amazement.

At this time of year, shortly after dusk, one can observe some easy-to-spot constellations such as the Big Dipper, Cassiopeia in the Milky Way, the Great Square, the Dragon and the Charioteer, each of them with interesting stories.

Tom Braden

PERSONAL

HIBISCUS TREES UP FOR GRABS

We have two yellow hibiscus trees for anyone who would like them. They must be brought indoors in the winter. If interested, please contact Heidi Pulkkinen at 917-776-2008.